



TASHI CHOLING MAHAYANA BUDDHIST CENTRE

PRESENTS

INTRODUCTION TO MEDITATION

WEDNESDAY EVENINGS 6:30 – 7:45 PM

Join us for a regular weekly practice to develop awareness and stability in your daily life.

This is an opportunity to investigate and practice simple meditation led by experienced practitioners.

Learn a way of finding some peace and centredness in an often painful and busy life

Cost – by donation

This class is open to anyone at any time. You do not need previous experience in meditation to attend, just curiosity and an open mind!

ALL CLASSES ARE HELD ABOVE GOULD'S NATUROPATHICA,
2ND FLOOR, 73 LIVERPOOL ST.

For more information about these classes please visit our website
www.tashicholing.net or phone Kate MacNicol on 0432 630 796